

OTHER FACTORS TO CONSIDER WHEN TAKING A BLOOD PRESSURE

The following is a list of other factors that can influence blood pressure. Each of these factors can have a significant affect on your blood pressure reading.

TALKING

(can increase blood pressure 17/13 mmHg)

COLD EXPOSURE

(can increase blood pressure 11/8 mmHg)

BOWEL/BLADDER DISTENTION

(can increase blood pressure 27/22 mmHg)

CAFFEINE

(can increase blood pressure 10/7 mmHg)

PHYSICAL ACTIVITY

(can decrease blood pressure 5-11/4-8 mmHg)

**DIET, ANTIHISTAMINES AND OTHER
MEDICATIONS, RECENT EXPOSURE TO
HIGH ALTITUDE, TIME SINCE LAST MEAL
AND STRESS SHOULD ALSO BE
CONSIDERED.**



Heart Disease & Stroke
Prevention Program
Utah Department of Health